

FEBRUARY 2005

Naval Base San Diego  
NAS North Island  
Naval Base Point Loma



The  
Fleet & Family Support  
Center



## TRANSITION And Spouse Employment

### CONSEP 2 (Career Options and Navy Skills Evaluation Program)

Tue-Fri, Feb 22-25, 7:30 am-4:30 pm, NASNI, Bldg. 318, Learning Center

### EDD Assistance

Mondays and Fridays, By appointment, NASNI, Bldg. 318

### Electronic Job Banks

Computer time available at NBSD, NASNI, or NBPL locations.

### Finding Federal Employment

Mon, Feb 7, 5:00-7:00 pm, NBSD, Bldg. 263, Classroom 3  
Tue, Feb 8, 9:00-11:00 am, NBSD, Bldg. 263, Classroom 3  
Tue, Feb 15, 9:00-11:00 am, NBPL, Bldg. 211, Classroom 2  
Thu, Feb 24, 9:00-11:00 am, NASNI, Bldg. 318, Conference Room



### FFSC Job Fair

Wed, March 16, 10:00 am-2:00 pm, Scottish Rite Center, Mission Valley

### Introduction to Owning Your Own Business

Mon, Feb 14, 5:00-7:00 pm, NBSD, Bldg. 263, Classroom 3  
Tue, Feb 15, 9:00-11:00 am, NBSD, Bldg. 263, Classroom 3  
Thur, Feb 24, 5:00-7:00 pm, NASNI, Bldg. 318, Conference Room

### Résumé and Federal Application Review

No appointment is necessary and available at all three locations

### Résumé Writing

Tue, Feb 1, 9:00-11:00am, NBPL, Bldg. 211, Classroom 2  
Thu, Feb 10, 9:00-11:00am, NASNI, Bldg. 318, Conference Room  
Mon, Feb 21, 5:00-7:00pm, NBSD, Bldg. 263, Classroom 3  
Tue, Feb 22, 9:00-11:00 am, NBSD, Bldg. 263, Classroom 3

### Spouse Employment Assistance Program

Monday-Friday, By appointment, NBPL  
Monday-Friday, 7:30 am-4:30 pm, NBSD or NASNI (walk-in)

### Volunteer Program

Many volunteer opportunities are available at FFSC as well as VA  
Workstudy and college intern positions.

### Winning Interview Techniques

Tue, Feb 1, 9:00-11:00 am, NBSD, Bldg. 263, Classroom 3  
Tue, Feb 8, 9:00-11:00 am, NBPL, Bldg. 211, Classroom 2  
Thu, Feb 17, 9:00-11:00 am, NASNI, Bldg. 318, Conference Room  
Mon, Feb 28, 5:00-7:00 pm, NBSD, Bldg. 263, Classroom 3



## FINANCIAL

### The Art of Successful Investing

Tue, Feb 8, 12:00-1:30 pm, NBSD, Bldg. 263, Classroom 3

### Car Buying Strategies

Tue, Feb 8, 2:00-3:30 pm, NBSD, Bldg. 263, Classroom 3

### Credit Management

Thu, Feb 24, 3:00-4:00 pm, NASNI, Bldg. 318, Conference Room

### Developing Your Spending Plan (Basic Money Management)

Thu, Feb 3, 1:30-3:00 pm, NASNI, Bldg. 318, Conference Room

### Home Buying

Wed, Feb, 9 2:00-4:00 pm, NBPL, Bldg. 211, Classroom 2



### Individual Financial Counseling

Mon-Fri, By appointment, NBSD, NASNI, or NBPL (FFSC Counselor)

### REDUX and the \$30,000 Bonus

Thu, Feb 17, 2:00-3:00 pm, NASNI, Bldg. 318, Conference Room

### Savings and Investments

Wed, Feb 2, 2:00-3:30 pm, NBPL, Bldg. 211, Classroom 2

### Thrift Savings Plan (TSP)

Tue, Feb 22, 2:00-3:30pm, NBSD, Bldg. 263, Classroom 3



To register, please call the workshop's  
location listed at the bottom of this page  
or email [FFSCCareer@navy.mil](mailto:FFSCCareer@navy.mil)

## Command Financial Specialist

Mon-Fri, Feb 14-18, 8:00 am-4:00 pm,  
NBPL, Bldg. 140, Rm 120

For more information  
or to obtain quota,  
call 619/545-6071.



For full descriptions of FFSC workshops, visit us at  
[www.cnrsw.navy.mil/fsc/fsc.htm](http://www.cnrsw.navy.mil/fsc/fsc.htm)



All active duty, reservists, retirees, and their family members are invited to attend these programs and use Fleet & Family Support Center services.

NAS North Island  
619/545-6071 • Building 318  
Mon-Fri 7:30am-4:30pm

Naval Base San Diego  
619/556-7404 • Buildings 259 & 263  
Mon 7:30am-8:00pm w Tue-Fri 7:30am-4:30pm

Naval Base Point Loma  
619/553-8306 • Building 211 & 212  
Mon-Fri 7:30am-4:30pm



## GENERAL Life Skills

### CHOICES

Wed, Feb 16, 8:00-4:30 pm, NBSD, Bldg. 259, Classroom 2

### Dealing with Anger

Mon, Feb 7, 1:00-3:00 pm, NBPL, Bldg. 211, Classroom 1

Wed, Feb 23, 12:30-2:30 pm, NMC Balboa Bldg. 26, First Floor

### Dealing with Stress

Wed, Feb 9, 12:30-2:30 pm, NMC Balboa Bldg. 26, First Floor

Mon, Feb 28, 1:00-3:00 pm, NBPL, Bldg. 211, Classroom 1

### Did you know FFSC offers:

- Information and Referral
- Ombudsman Support
- Exceptional Family Member Program
- General Life Skills Education
- Clinical Counseling
- Family Advocacy Program
- Deployment Services
- Relocation Assistance Program
- Transition Assistance
- Spouse Employment Assistance
- Personal Financial Management
- Sexual Assault Victim



## PARENTING, Family, AND COUNSELING

### Adults Molested as Children (AMAC Group for Women)

Group therapy is available in 8-week psycho-educational groups. Call the Counseling Dept at 545-6071 for more details.

Mondays, 2:00-4:00 pm, NASNI, Building 318

Mondays, 5:00-7:00 pm, NBSD, Building 259

### Boot Camp For New Dads

To register, call 532-6573.

### Deployed Spouse Support Group

Tuesdays, 10:00-11:30 am, NBSD, Building 259

Wednesdays, 9:30-11:00 am, NASNI, Building 318

### Effective Parenting Class

To register, call 553-4744

Tue, Feb 1, 8, 15, 22, 9:00-4:00 pm, NBSD, Bldg. 259, Classroom 2

### Engaged and Married Couples Workshop (PREP)

Tue, Feb 15, 8:00 am-4:30 pm, NASNI, Learning Center

### Individuals, Couples, & Family Counseling

Mondays, 7:30 am-7:30 pm, NBSD

Tuesdays, Thursdays, and Fridays, 7:30 am-4:30 pm, NBSD

Wednesdays, 7:30 am-7:00 pm, NBSD (appt only after 4:30 pm)

Monday-Friday, 7:30 am-4:30 pm, NASNI or NBPL

Fridays, 8:00 am-5:00 pm, Murphy Canyon Chapel Complex

(By Appt Only)

### Prenatal Support Group

For more information, call 556-8106.

### Responsible Anger Management

Thu-Fri, Feb 3-4, 9:00 am-2:00 pm, NBPL, Bldg. 140, Classroom 120

Thu-Fri, Feb 24-25, 9:00 am-2:00 pm, NBPL, Bldg. 140, Classroom 120

### Support Group for Women in the Military

Thursdays, 3:00 pm, NBSD, Building 259

For more information, or to register for any of these workshops, call 556-7414 or email [classatnavsta@ns.cnrsw.navy.mil](mailto:classatnavsta@ns.cnrsw.navy.mil).



## PERSONAL IMPROVEMENT

### Decision-Making and Resource Management

Tue, Feb 1, 11:30-1:00 pm, NASNI, Bldg. 318, Conference Room

Thu, Feb 3, 1:00-3:00 pm, NBSD, Bldg. 259, Classroom 2

Wed, Feb 9, 1:00-3:00 pm, NBPL, Bldg. 211, Classroom 1

### Goal-Setting (The Steps to Follow)

Wed, Feb 16, 1:00-3:00 pm, NBPL, Bldg. 211, Classroom 1

Thu, Feb 17, 1:00-3:00 pm, NBSD, Bldg. 259, Classroom 2

Wed, Feb 23, 1:00-3:00 pm, NASNI, Bldg. 318, Conference Room

### Improving Time Management Skills

Wed, Feb 16, 9:00-10:00 am, NBPL, Bldg. 211, Classroom 1

Thu, Feb 17, 9:00-10:00 am, NBSD, Bldg. 259, Classroom 2

Wed, Feb 23, 9:00-10:00 am, NASNI, Bldg. 318, Conference Room

### Team Building

Tue, Feb 1, 9:00-10:00 am, NASNI, Bldg. 318, Conference Room

Thu, Feb 3, 9:00-10:00 am, NBSD, Bldg. 259, Classroom 2

Wed, Feb 9, 9:00-10:00 am, NBPL, Bldg. 211, Classroom 1

## RELOCATION, INFORMATION & REFERRAL



### EFM Coordinator Training (Train the Trainer)

Thu, Feb 3, 10:00-11:00 am, NBSD, Bldg. 259, Classroom 2

Thu, Feb 17, 9:00-10:00 am, NBPL, Bldg. 211, Classroom 2

### Exceptional Family Member Program (EFMP) Orientation

Mon-Fri, 7:30 am-4:30 pm, NBSD, NASNI, or NBPL (walk-in)

Wed, Feb 16, 9:00-10:00 am, NBSD, Bldg. 259, Classroom 2

### Family Care Plan

Thu, Feb 10, 9:00-10:00 am, NBPL, Bldg. 211, Classroom 2

### FFSC Resource Tables

Tue, Feb 15, 11:00 am-1:00 pm, NEX, NBSD (32nd St, NAVSTA)

Tue, Feb 15, 11:00 am-1:00 pm, NEX, NBC (NASNI)

### International Spouse Orientation

Mon-Fri, 7:30 am-4:30 pm, NBSD, NASNI, or NBPL (walk-in)

Wed, Feb 23, 1:00-3:00 pm, NBSD, Bldg. 263, Classroom 3

### It's My Move Too! (Moving for Young Children)

Tue, Feb 8, 3:00-4:00 pm, NASNI, Bldg. 318, Conference Room

### Military Spouse 101

By appointment, NBPL

Wed, Feb 9, 9:00-10:30 am, NASNI, Bldg. 318, Conference Room

Thu, Feb 17, 10:00-11:30 am, NBSD, Bldg. 263, Classroom 3

Thu, Feb 28, 6:00-7:00 pm, NBSD, Bldg. 259, Relocation Resource Rm

### Parents on the Move

Thu, Feb 24, 9:00-10:00 am, NBPL, Bldg. 211, Classroom 2

### Pregnancy Resource Class

Wed-Thu, Feb 9-10, 4:30-7:00 pm, NBSD, Bldg. 259,

Relocation Resource Rm

### Preparing for an Overseas Tour

Thu, Feb 3, 9:00-10:00 am, NBPL, Bldg. 211, Classroom 2

Mon, Feb 14, 6:00-7:00 pm, NBSD, Bldg. 259, Relocation Resource Rm

Tue, Feb 22, 2:00-3:00 pm, NASNI, Bldg. 318, Conference Room

### Smooth Move

Tue, Feb 1, 1:30-2:30 pm, NASNI, Bldg. 318, Conference Room

Thu, Feb 10, 10:00-11:00 am, NBSD, Bldg. 259, Classroom 2

### Sponsor Coordinator Training

Tue, Feb 15, 1:30-2:30 pm, NASNI, Bldg. 318, Conference Room

### Sponsor Training

Tue, Feb 15, 2:30-3:30 pm, NASNI, Bldg. 318, Conference Room

### Welcome to San Diego

Mon, Feb 7, 6:00-7:00 pm, NBSD, Bldg. 259, Relocation Resource Rm

